

Level Descriptions

The following descriptions are what your child will be learning in class. If they can already do these activities, they should be placed in the next highest level.

Parent/Child (6 months - 3 years): Starfish

Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Child

- Safety in the pool
- Water adjustment
- Water entry
- Exploration
- Swimming on front
- Swimming of back
- Breath control
- Changing directions
- Water exit

Parent

- Safety in and around the pool
- Water entry
- Support and holding techniques
- Water exit

Non-swimmer: Guppy

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

- Fully submerge face in water.
- Wall crawl.
- Blow bubbles.
- Supported kicking on front and back.
- Float on front and back
- Introduction to alternating arms.

Beginner: Minnow

Fundamental Aquatic Skills: Introduces students to the fundamental skills of swimming.

- Submerging face into water and blowing bubbles
- Introduction to alternating arms
- Supported kicking
- Wall crawl

Intermediate: Jellyfish

Stroke Development: builds on the skills from beginner level by providing additional guided practice while introducing new skills.

- Unsupported freestyle.
- Coordinate freestyle stroke with rhythmic breathing.
- Retrieve objects from bottom of deep water.
- Introduction to backstroke.
- Introduction to treading water.

Intermediate II: Octopus

Stroke Improvement: develops confidence in the strokes and to improve other aquatic skills.

- Demonstrate freestyle, backstroke, side stroke, and elementary backstroke.
- Introduction to breaststroke and butterfly.
- Introduction to flip turn and open turn.
- Treading water.
- Dive from edge of pool.

Advanced: Sea Otter

Stroke refinement: provides further coordination and refinement of strokes.

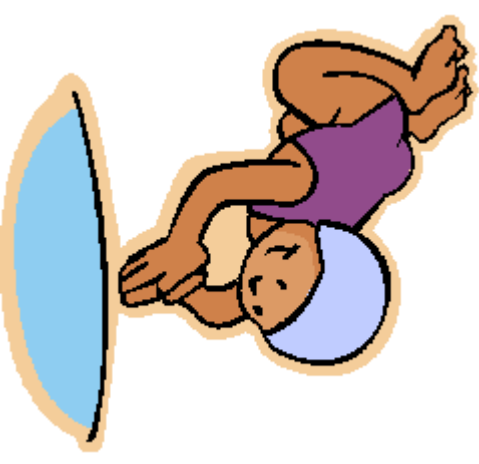
- Demonstrate knowledge of all four strokes.
- Swimming underwater.
- Diving from diving board.
- Demonstrate flip turn and open turn.
- Swim team ready.

Adult (18 years and up): Sea Turtle

Development of proper stroke technique basics: designed to improve confidence and endurance in the water.

- Developing strong flutter kicking on front and back
- Improve comfort in going underwater and with rhythmic breathing
- Freestyle/ backstroke/ breaststroke techniques
- Water treading training

2018 Rancho Santa Teresa Swim & Racquet Club Swim Lessons



Group Lessons

2018 Summer Swim Lessons

Session Information

Levels of Instruction:

- Parent/Child: Starfish
- Non-Swimmer: Guppy
- Beginner: Minnow
- Intermediate: Jellyfish
- Intermediate II: Octopus
- Advanced: Sea Otter
- Adult: Sea Turtle

Registration Information

Club member session fee: **\$110.00**
 Non-member session fee: **\$140.00**

- Registration is accepted on a first come, first serve basis.
- Refer to the level descriptions on the back of the brochure to properly place your child.
- Children must be at least 3 years old **AND** "potty-trained" at the start of the session.
- Payment **IN-FULL** is required to register your child.
- Registration for swim lessons does not authorize use of the facilities for non-members once the lesson is completed.

- Session 1:** June 11-15 & 18-21
- Session 2:** June 25-29 & July 2-6
(no lessons on the 4th of July)
- Session 3:** July 9-13 & 16-19
- Session 4:** July 23-27 & July 30 - August 9

First Week: Monday—Friday
Second Week: Monday—Thursday
 (Totalling 9 lessons per session)

Each lesson will be ½ hour each:

- 10:30-11:00
- 11:00-11:30
- 11:30-12:00

****There are no make-up lessons****

If you have a certain time you would like to be scheduled, please make a note on your registration form. We will do our best to accommodate everyone.

Class size ranges from 2-6 students.

You will be notified via telephone one week prior to the start of the session as to what time slot and instructor you are registered with.

If you have any questions, please email activity.director@ranchosantateresa.org or call the office at (408)227-5758 and ask or leave a message for Sarah Brown or Katie Jacopi.

Registration Form

Student Name: _____

Address: _____

Cell #: _____

<u>Level</u>	<u>Session #</u> (1, 2, 3, 4)	<u>Age</u>
Starfish	_____	_____
Guppy	_____	_____
Minnow	_____	_____
Jellyfish	_____	_____
Octopus	_____	_____
Sea Otter	_____	_____
Sea Turtle	_____	_____
Amount \$	_____	_____

Make checks payable to:
RSTSRC
 Notes: (Special time or instructor requests)

Please cut along dotted line and return Registration Form to the office